

# American *Profile*



holiday tradition

## Christmas Bird Count

### INSIDE:

- Hunting the yule log in Palmer Lake, Colo.
- John Adams heralds medieval family history
- Coconut-crumble sweet potatoes

IT'S A GOOD NIGHT FOR STOVE TOP.





## Ask American Profile

**Q** How did Harrison Ford get that scar on his chin?

—Tina Frazier, Greencastle, Pa.

Ford, 65, who'll star in next year's *Indiana Jones and the Kingdom of the Crystal Skull*, the fourth movie about the continuing adventures of his swashbuckling archeologist character, was 20

when he was driving to work and tried to buckle his seat belt while the car was in motion. He lost control, ran into a pole and split his chin. In *Indiana Jones and the Last Crusade* (1989), his character's scar was explained when young Indy strikes himself in the chin, cutting it, as he's learning to use his whip.

**Q** I really like Alexis Glick, who anchors for the new Fox Business Network. What can you tell us about her?

—Mitchell Vandiver, Bardtown, Ky.

New York City native Glick, 35, is a former high school basketball star, investment banker and segment co-anchor of NBC-TV's *Today* show. Now she's the director of business news at the just-launched Fox Business Network. Her broadcasting savvy combined with financial experience make her a natural for the job, her bosses say, noting that she "not only talks the talk, she has walked the walk." Glick is married and has three sons.

\* Cover photo by Bryan Kelsen

Alexis Glick appears on the new Fox Business Network.



Harrison Ford returns to the movie screen next year in a new Indiana Jones adventure.

**Q** I'm curious about the professional dancers who appear as contestants on *Dancing with the Stars*. Where do "professional dancers" dance?

—Joan East, Hot Springs, Ark.

All of the professional dancers on *Dancing with the Stars* are award winners who have competed at numerous international dance competitions and some derive a significant income for their talent. An example is last season's co-champion, Julianne Hough, 19, who partnered with Olympic medalist speed skater Apolo Anton Ohno.

Hough is the youngest American dancer to become both International Latin Youth Champion and Junior Blackpool World Latin Champion. She also was assistant choreographer for pop singer Gwen Stefani's "Wind It Up" video.



Julianne Hough and *Dancing* partner Apolo Anton Ohno

**Q** I haven't heard much about Olivia Newton-John recently. What has she been up to and how is her health?

—Janet Morgan, Silver Springs, Md.

The singing star, a 15-year breast cancer survivor, has a new holiday CD called *Christmas Wish*, which features some of her favorite music and guest performers including Barry Manilow, Michael McDonald and Jon Secada. "I wanted this album to be gentle and peaceful and soothing," she says. "I wanted it to flow as one piece of music. There are no breaks between the tracks." Newton-John, 60, also can be seen over the holidays on a new PBS television special, *Olivia Newton-John and the Sydney Symphony Orchestra (Live At the Sydney Opera House)*.



Singer Olivia Newton-John

**Q** Many years ago I watched a show called *The Mod Squad*. Can you tell me what happened to Julie, Pete and Linc?

—T. Taylor, Hesperia, Calif.

Shortly after *The Mod Squad* was cancelled in 1973, Peggy Lipton (Julie) married musician Quincy Jones, with whom she raised two daughters. Now divorced, Lipton, 61, has resumed acting and written her biography, *Breathing Out*. Clarence Williams III (Linc), 68, has worked continuously since the series ended, first in theater and then in films and television. He is a regular on the Hallmark Channel series *Mystery Woman*. Michael Cole (Pete), 62, continues to act in various film and TV projects, among them a small part in *Mr. Brooks*, the recent Kevin Costner movie.



Michael Cole, Clarence Williams III and Peggy Lipton starred as TV's *Mod Squad*.

## TUNE IN

### A Moving 'Note' for the Holidays

The power that even a few words can have on others is the subject of *The Note*, a Hallmark Channel movie starring Genie Francis from *General Hospital* as a struggling newspaper columnist who finds a scrap of paper with a hastily written message that changes her life. "Of course, *The Note* is meant to entertain," Francis says. "But it's also a true example of the healing power of love and forgiveness on display during the holiday season." *The Note* airs Dec. 8 at 9 p.m. Eastern. To send a note to someone special in your life, log onto [hallmarkchannel.com](http://hallmarkchannel.com).

### Want to know more about a celebrity or public figure?

Send your questions to: Ask American Profile, 341 Cool Springs Blvd., Suite 400, Franklin, TN 37067 or e-mail us at [askus@americanprofile.com](mailto:askus@americanprofile.com).

The volume of mail received prohibits us from giving personal replies—through e-mail or other means.



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## Hometown Spotlight

# Hunting the Yule Log

by MARTI ATTOUN  
Contributing Editor

With red and green capes flying, hundreds of children and adults dash into the snowy woods near Palmer Lake, Colo. (pop. 2,179), scrambling up and down slippery slopes and laughing as they search beneath evergreen boughs and bushes for the town's hidden yule log.

Within 15 minutes, whoops and shouts of "over here" rise from a ravine where three boys stand victoriously over the treasure—an 8-foot-long pine log that has been notched and tied with a red ribbon.

"They'd covered up the ribbon with twigs and stuff," says John Clewe, 14. "I was about to turn away, but saw footprints in the snow."

Amid cheers and high-fives, Clewe and his hunting companions, Collin Rue, 14, and Owen Braley, 11, all from nearby Monument (pop. 1,971), straddle the yule log for their victory ride into town. Other members of the hunting party attach two long ropes to the log and drag it a quarter-mile back to Town Hall, stopping frequently so other riders can hop aboard.

The December tradition is cherished in Palmer Lake, where the same two-man saw that cut the town's first yule log in 1933 is used today. Hunters saw the log in two and save half to start the following year's ceremonial fire.

The other half is carried into Town Hall and set ablaze in the stone fireplace built by Palmer Lake's volunteer firemen in 1936 strictly for the annual celebration.

"We've had blizzards and 20 below, and some years we've had to build bonfires outside," says resident Rodger Voelker, "but it's never canceled."

For 40 of those celebrations, Voelker, 68, has stood in the Town Hall kitchen, stirring a large vat of wassail—hot spicy cider with bits of orange, lemon and baked apple—with a wooden paddle. The warm drink is served first to the person or persons who find the yule log, then to the townspeople and visitors, who toast one another and wish each other good health.

A tradition originating in ancient Europe, the yule log ceremony began in Palmer Lake

John Clewe (left) and Tim Watkins cut the yule log with a two-man saw in Palmer Lake, Colo.



Harry Krueger and Dan Jones carry the log to the fireplace in town hall.



Photos by Bryan Kellen

after resident Lucretia Vaile attended a yule log hunt in Lake Placid, N.Y. (pop. 2,638). Vaile brought a splinter from that town's yule log to start the celebration in Palmer Lake, where participants parade across the wooden plank stage at Town Hall at the start of the event while onlookers sing Christmas carols and wish them a merry and successful hunt.

Those who stay behind visit with their neighbors, enjoy musical entertainment and listen to the Christmas story read from the Bible.

"It's part of the community, part of living here," says Gary Atkins, 55. "People invite their family and friends and enjoy walking in the woods."

A week before the yule log hunt, residents gather for a potluck dinner and make souvenir lapel pins from willow twigs, ribbon and pine boughs, and stamp them with the year. Many people use them for Christmas tree decorations.

"We've had people come up and say, 'I haven't been here in 30 years, but nothing has changed,'" says Patricia Atkins, 57, who emcees the yule log ceremony.

The festival is in good hands for another generation, too. Kurt Voelker, 30, president of the Yule Log Committee, has photographs of himself as a young boy helping his dad stir the wassail. Now his two daughters, Kyah, 6, and Ayla, 4, carry the silver wassail cup and ladle that has been used since the town's original ceremony in 1933.

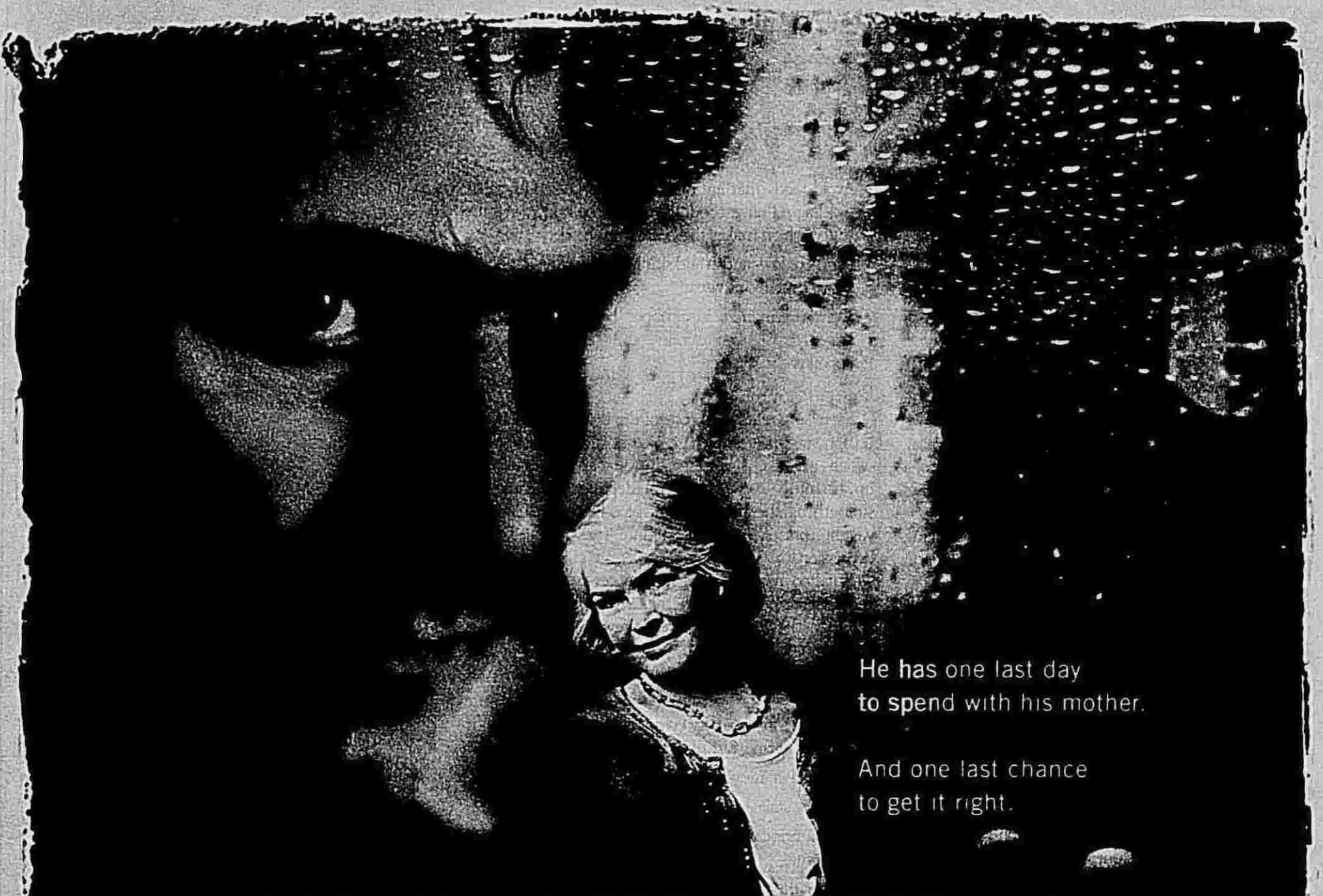
Likewise, Heather Krueger, 31, has attended every celebration since she was born. "I've sung, hunted, carried the wassail pitcher and found the log," Krueger says. "It makes you feel like it's Christmas."

**This Palmer Lake Yule Log Hunt is scheduled Dec. 9. Visit [www.ci.palmer-lake.co.us](http://www.ci.palmer-lake.co.us) or call (719) 481-2953 for more information.**



Gary Atkins serves himself a cup of warm, spicy wassail.





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# Have a Heart-Healthy Holiday

by AMY GREEN

It's tough to maintain a heart-healthy diet and exercise regimen during the holiday season. After all, who has the willpower to count fat grams or calories when faced with an onslaught of eggnog, cookies and cheese balls? And who has time to exercise when there are gifts to wrap and parties to attend?

Despite the temptations and demands of the season, it is possible to enjoy the holidays while practicing healthy habits. Here are some suggestions:

## Eat right

It isn't necessary to give up your favorite holiday treats, but don't overindulge, says Dr. Vince Bufalino, a cardiologist and president of Midwest Heart Specialists in suburban Chicago.

"We don't want to dissuade people from enjoying these things, but we ask them to just use moderation," he says. "Taste, but don't gorge yourself."

A healthful diet can help control cholesterol levels and keep your heart healthy. Cut back on foods rich in saturated fat, such as butter, cheese and meat, which elevate artery-clogging "bad" cholesterol, and eat more vegetables, fruits and grains instead. No more than 30 percent of your daily calories should come from saturated fat.

Kara Byrd, 35, of Alpharetta, Ga. (pop. 34,854), understands the importance of eating healthfully. A religion teacher and mother of three, Byrd was born with a hole in her heart, later developed a second one, and at 22 suffered a ruptured aneurysm in her heart. She pays attention to her diet because she wants to avoid more heart trouble. "I don't want to have to go through a bypass someday," she says.

When Byrd hosts her family's Christmas dinner, she'll serve low-fat foods and will replace butter with a low-fat spread. For snacks, she'll serve vegetables and hummus.

Byrd is doing the right things. Planning ahead for the holidays is the first step toward avoiding weight gain, a primary risk factor for heart disease, says Riska Platt, a dietitian in Mount Sinai Hospital's cardiac rehabilitation program in New York.

"If people start putting on two or three pounds every holiday season, before you know it they're going to have 20 extra pounds," she says.

Here are ways to eat healthfully during the holidays:

- Plan the occasions when you'll allow yourself to indulge. If you love your aunt's turkey and your grandmother's pies, have turkey at your aunt's house and enjoy a dessert at your grandmother's.
- Walk around the buffet table before filling your plate so you'll know what's available and can make wise food choices.

- Avoid foods that are high in sodium, such as ham, pickles and olives. Sodium causes the body to retain water, which makes the heart work harder.
- Eat more low-fat fish and skinless chicken, and less red meat, Bufalino advises.
- Don't overindulge in alcoholic beverages. Beer and wine are high in calories, and can increase your appetite.

## Exercise

Exercising regularly is one of the best things you can do for your heart. Exercise boosts "good" cholesterol, which acts as a vacuum in our arteries, cleaning up harmful "bad" cholesterol deposits. Exercise also strengthens the heart, lowers blood pressure, aids in weight control, and helps reduce stress, anxiety and depression.

Bufalino recommends 30 minutes of daily exercise that's rigorous enough to make you "get red in the cheeks and sweaty." But even a few minutes is better than nothing.

Here are some ways to incorporate exercise into your holiday schedule:

- Make exercise a priority every day. Make it part of your regular routine, just like brushing your teeth.
- Park farther away and walk.
- Take the stairs.
- Take a brisk walk around the mall before you begin shopping.
- Gather the family for an after-dinner stroll to look at holiday decorations.

Vernita Morgan, 39, weighed 250 pounds and her cholesterol level was more than 300 when she decided to improve her health. In March, she began a five-day-a-week routine of cardiovascular exercise on a treadmill or stair machine, plus weightlifting and yoga, and she walks with friends during lunch breaks. Within seven months, her cholesterol level dropped to 209, and she lost some 50 pounds.

Morgan, a graduate student at the University of Iowa in Iowa City, anticipates a challenge when she returns home to Louisiana for the holidays. She'll face fried catfish and other not-so-healthy foods, but she plans to use moderation, allowing herself to indulge in occasional treats. When she visits friends and family, she'll park farther away and walk to their homes. And when she returns to chilly Iowa after the holidays, she and her friends will continue their exercise routine, working out to exercise DVDs during lunch breaks.

If you don't exercise regularly, talk to your doctor about developing an exercise regimen that's right for you.



## Be happy

Another way to help keep your heart healthy is to be happy. Maintaining a positive outlook is good for your heart.

Unfortunately, for many people, the holidays can be a stressful or depressing time. It's important to find ways to cope and be optimistic. Stress is associated with premature heart disease, and pessimistic people tend to be overweight, less active and more likely to have high blood pressure.

Here are some ways to manage stress and feel more joy during the holiday season:

- Plan ahead. Avoid leaving everything to the last minute.
- Get together with loved ones. Connecting with people close to you can be a good stress-reducer during the holidays, says Dr. Fred Luskin, a psychologist at Stanford University. If you're alone during the holiday season, volunteer to help someone less fortunate. Help deliver toys to needy children, for example.
- Laugh. It makes you feel good.
- Count your blessings. "So even if you have a lot of stress you remain aware of all the good you have, so you keep it in balance," Luskin says.
- If you are overwhelmed by stress or sad feelings, talk to your doctor or a mental health professional.

Eating healthfully, exercising and maintaining a positive attitude are heart-healthy habits to practice year-round. "If you love your family, then you have no option but to take care of yourself, because if you don't, you're not going to be around for them," Morgan says. "Taking care of you, that's probably the best thing you can give your family over the holidays." ☆

Amy Green is a writer in Orlando, Fla.



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# Health

by DEBRA GORDON

## Managing Stress for a Healthier Heart

Janice Rodenberg, 46, knows just what to do when she begins to feel overwhelmed. She imagines a filing system—plain manila folders for routine issues, bright orange ones for major issues—then she mentally files away her problems, commitments and worries.

That's just one technique Rodenberg uses to deal with stress. She also swims several times a week, works out on an elliptical trainer, and has learned to say no to commitments she doesn't have time for, whether in her work as a midwife helping to deliver babies, or in her personal life, which includes being a mom to two children, ages 3 and 6.

Rodenberg, of Tucson, Ariz., says that since she began practicing stress management techniques, she no longer experiences severe stomach pain and other unpleasant symptoms of stress. "It has helped tremendously," she says. "For me, getting headaches and stomach pain and treating them aren't what I want to do; I need to prevent the headache in the first place."

What Rodenberg may not realize is that by finding ways to reduce and manage the stress in her life, she also is helping to prevent heart disease. And since heart disease is the leading cause of death in the United States, her actions provide a major health benefit.

"Studies find that people who are chronically exposed to stressful situations have a high risk of developing heart disease or experiencing a heart attack," says Dr. Diwakar Jain, a cardiologist and professor of medicine at the Drexel University College of Medicine in Philadelphia.

It doesn't matter if the stress is positive or negative, because all stress has the same effect on the body, explains psychologist Steven Gurgevich, director of the Mind-Body Clinic at the University of Arizona College of Medicine in Tucson. "If there is a change—whether that change is moving from a warm environment to a cold one, winning the lottery, having a new baby, buying a new house—it requires your heart to adapt."

### Fight-or-flight

When you're stressed, your body reacts the only way it knows how—with a "fight-or-flight" response—releasing chemicals such as adrenaline and cortisol that cause your heart to beat faster, your lungs to take in more oxygen, and your liver to pump out more glucose for energy.



Immune system cells mobilize, and your blood becomes thicker so it can clot faster, in case of injury.

So, whether you're facing an annoying boss, a wailing baby or an overdrawn bank account, the stress reaction occurs and your blood pressure rises, straining your heart's pumping ability and increasing the risk that a tiny piece of plaque in your arteries might break off. Since your blood has thickened, it's more likely to form a clot where that plaque broke off, blocking an artery, and leading to chest pain or a heart attack.

Many of the chemicals released in reaction to stress make some components of blood stickier and more likely to cling to artery walls and restrict blood flow. This is even more dangerous if you've already had a heart attack or have been diagnosed with heart disease, Jain says.

### Ways to cope

Stress takes a toll on your health, so it's important to know the warning signs and find ways to cope. Symptoms of stress are wide-ranging and can include fatigue; headache; upset stomach; teeth grinding; pounding heart; shoulder, neck or back pain; irritability; insomnia; anxiety; depression; and forgetfulness. Since you can't eliminate all stress from your life, the key is to find ways to protect yourself from its damaging effects. Here are some ways to do that:

- Practice mind-body exercises such as meditation, deep breathing or progressive relaxation, in which you systematically tense and then relax every muscle in your body.
- Exercise regularly. Exercise helps relieve physical and mental tension as well as strengthen your heart and blood vessels to handle whatever stress you encounter.

- Get seven to eight hours of sleep each night.
- Reduce caffeine. Caffeine can stimulate the release of stress hormones and increase heart rate and blood pressure.
- Follow a heart-healthy diet. Eat plenty of fruits and vegetables, whole grains, beans, and lean protein like fish, chicken and soy, and avoid processed foods, unhealthy fats and sugar. Eating this way helps protect your heart against the damaging effects of stress, and strengthens your body to better cope with stress.
- Surround yourself with positive people and limit contact with angry, pessimistic or anxious people.
- Change your reaction to stressful events. For example, if you're stuck in traffic, instead of getting upset, listen to a new CD, or simply sit and revel in the silence.
- Learn to say no. You do not have to organize the office Christmas party or coach your son's baseball team. Focus your energy on what is most important to you. And don't forget to schedule downtime for yourself.
- If you're having trouble sleeping, are experiencing stress-related physical symptoms, or simply feel that your life is out of control, seek help from your doctor, religious adviser or therapist.

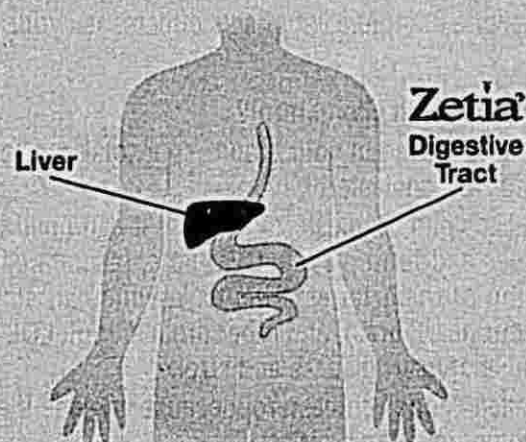
"I like the phrase *Be kind to yourself*, when it comes to stress," Gurgevich says. "Get enough sleep, exercise, follow a healthy diet, manage the environment you put yourself into—that's how you make yourself healthy." ✨

Debra Gordon is a writer in Williamsburg, Va.

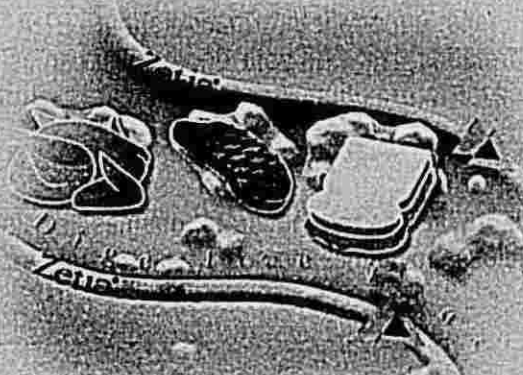


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**Important information:** ZETIA is a prescription medicine and should not be taken by people who are allergic to any of its ingredients. If you have ever had liver problems, are nursing or pregnant or may become pregnant, a doctor will decide if ZETIA alone is right for you.

Unexplained muscle pain or weakness could be a sign of a rare but serious side effect and should be reported to your doctor right away. Common side effects included stomach pain and feeling tired.

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## **Patient Information about ZETIA (zēt'-ē-ā)**

Generic name: ezetimibe (ē-zēt'-ē-mīb)

Read this information carefully before you start taking ZETIA and each time you get more ZETIA. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about ZETIA, ask your doctor. Only your doctor can determine if ZETIA is right for you.

### **What is ZETIA?**

ZETIA is a medicine used to lower levels of total cholesterol and LDL (bad) cholesterol in the blood. It is used for patients who cannot control their cholesterol levels by diet alone. It can be used by itself or with other medicines to treat high cholesterol. You should stay on a cholesterol-lowering diet while taking this medicine.

ZETIA works to reduce the amount of cholesterol your body absorbs. ZETIA does not help you lose weight.

For more information about cholesterol, see the "What should I know about high cholesterol?" section that follows.

### **Who should not take ZETIA?**

- Do not take ZETIA if you are allergic to ezetimibe, the active ingredient in ZETIA, or to the inactive ingredients. For a list of inactive ingredients, see the "Inactive ingredients" section that follows.
- If you have active liver disease, do not take ZETIA while taking cholesterol-lowering medicines called statins.
- If you are pregnant or breast-feeding, do not take ZETIA while taking a statin.

### **What should I tell my doctor before and while taking ZETIA?**

Tell your doctor about any prescription and non-prescription medicines you are taking or plan to take, including natural or herbal remedies.

Tell your doctor about all your medical conditions including allergies. Tell your doctor if you:

- ever had liver problems. ZETIA may not be right for you.
- are pregnant or plan to become pregnant. Your doctor will decide if ZETIA is right for you.
- are breast-feeding. We do not know if ZETIA can pass to your baby through your milk. Your doctor will decide if ZETIA is right for you.
- experience unexplained muscle pain, tenderness, or weakness.

### **How should I take ZETIA?**

- Take ZETIA once a day, with or without food. It may be easier to remember to take your dose if you do it at the same time every day, such as with breakfast, dinner, or at bedtime. If you also take another medicine to reduce your cholesterol, ask your doctor if you can take them at the same time.
- If you forget to take ZETIA, take it as soon as you remember. However, do not take more than one dose of ZETIA a day.
- Continue to follow a cholesterol-lowering diet while taking ZETIA. Ask your doctor if you need diet information.
- Keep taking ZETIA unless your doctor tells you to stop. It is important that you keep taking ZETIA even if you do not feel sick.

See your doctor regularly to check your cholesterol level and to check for side effects. Your doctor may do blood tests to check your liver before you start taking ZETIA with a statin and during treatment.

### **What are the possible side effects of ZETIA?**

In clinical studies patients reported few side effects while taking ZETIA. These included stomach pain and feeling tired.

Very rarely, patients have experienced severe muscle problems while taking ZETIA, usually when ZETIA was added to a statin drug. If you experience unexplained muscle pain, tenderness, or weakness while taking ZETIA, contact your doctor immediately. You need to do this promptly, because on rare occasions, these muscle problems can be serious, with muscle breakdown resulting in kidney damage.

Additionally, the following side effects have been reported in general use: allergic reactions (which may require treatment right away) including swelling of the face, lips, tongue, and/or throat that may cause difficulty in breathing or swallowing, rash, and hives; joint pain; muscle aches; alterations in some laboratory blood tests; liver problems; inflammation of the pancreas; nausea; dizziness; depression; gallstones; inflammation of the gallbladder.

Tell your doctor if you are having these or any other medical problems while on ZETIA. For a complete list of side effects, ask your doctor or pharmacist.

### **What should I know about high cholesterol?**

Cholesterol is a type of fat found in your blood. Your total cholesterol is made up of LDL and HDL cholesterol.

LDL cholesterol is called "bad" cholesterol because it can build up in the wall of your arteries and form plaque. Over time, plaque build-up can cause a narrowing of the arteries. This narrowing can slow or block blood flow to your heart, brain, and other organs. High LDL cholesterol is a major cause of heart disease and stroke.

HDL cholesterol is called "good" cholesterol because it keeps the bad cholesterol from building up in the arteries.

Triglycerides also are fats found in your blood.

### **General information about ZETIA**

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use ZETIA for a condition for which it was not prescribed. Do not give ZETIA to other people, even if they have the same condition you have. It may harm them.

This summarizes the most important information about ZETIA. If you would like more information, talk with your doctor. You can ask your pharmacist or doctor for information about ZETIA that is written for health professionals.

### **Inactive ingredients:**

Croscarmellose sodium, lactose monohydrate, magnesium stearate, microcrystalline cellulose, povidone, and sodium lauryl sulfate.



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Bird watchers  
maintain  
a century-old  
holiday tradition

by MARTI ATTOUN  
Contributing Editor

# Christmas Bird Count

A cold rain pelts Angela Dimmitt as she stands at the edge of a hardwood forest in New Milford, Conn., aiming her binoculars at the tops of towering oak and hickory trees.

"Psh, psh, psh," she whispers. Within seconds, dozens of birds dart among the bare branches. Dimmitt identifies and counts each bird: "Here's a rare one, a hermit thrush. Excellent," she says. "And those are juncos . . . 15, 16, 17."

For 30 years, Dimmitt has participated in the Christmas Bird Count, the world's oldest and largest wildlife survey, begun in 1900 by ornithologist Frank Chapman, who proposed an alternative to the traditional Christmas "side hunts." Concerned about declining populations, Chapman suggested counting birds, rather than killing them.

The first Christmas Day bird count attracted 27 participants in 13 states and two Canadian provinces. Today, 57,000 volunteer birders fan out with binoculars and field guides from Dec. 14 to Jan. 5 to identify and count millions of birds across the Western Hemisphere.

Working in pairs and small groups, participants travel by foot, car, bicycle, boat, sled and horseback, exploring woodlands and wetlands, lawns and landfills, parks and pastures in more than 2,000 designated counting circles, each measuring 15 miles in diameter.

"You go everywhere you legally can and count birds," says Dimmitt, 65, while slowly driving her SUV along twisting roads with her eyes and ears alert for hairy woodpeckers, pine siskins and other birds generally spotted in western Connecticut in wintertime.

Topping a hill, Dimmitt suddenly hits the brakes. In the valley below, 10 wild turkeys strut



Angela Dimmitt has participated in the Christmas Bird Count for 30 years.



Blue jays, cardinals and black-capped chickadees are common sightings during the annual wildlife survey across an open field. She beams under her soggy hat as she reaches for her checklist to record another bird sighting.

## Citizen scientists

Across the United States, bird watchers identify hundreds of species during the Christmas Bird Count. Of the 69 million birds counted last year, among the most common sightings were American crows and robins, house sparrows, black-capped chickadees, Canada geese and blue jays.

Less typical "finds" were regional, such as spectacled eider ducks in Alaska, wrentits in coastal California, dovebies in New England and spot-breasted orioles in Miami, Fla. Each year, one or two rare species

surface during the count, such as a Craver's murrelet, a small seabird that typically winters along the Pacific coast of Mexico, that was spotted during last season's count in the waters off Crystal Springs, Calif.

The wealth of data gathered by the "citizen scientists" and published annually helps researchers recognize trends in bird populations and offers clues to the health of the environment, says Geoffrey LeBaron, of Williamsburg, Mass., director of the Christmas Bird Count for the National Audubon Society.

"The passion that people develop for birds is what makes this program succeed," LeBaron says. "The count is an important part of people's holiday tradition."

## Thrill of the count

During the bird count in Pueblo, Colo., last December, Mark Yaeger set his sights and hopes on glimpsing a yellow-bellied sapsucker.

"He's rare for Colorado and he was here last Sat-

(Continued on page 14)



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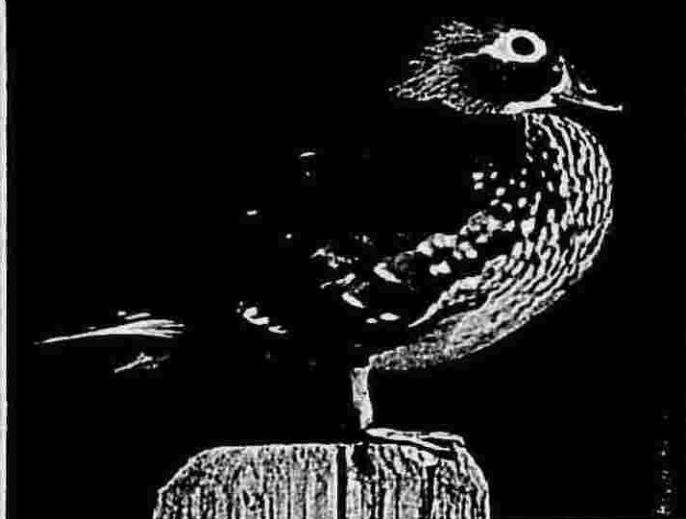
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(Continued from page 12)



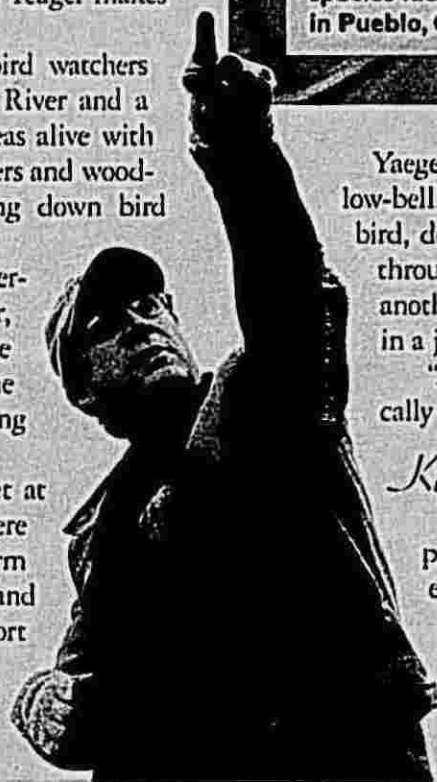
urday," says Yaeger, 56, focusing his binoculars on a towering pine in Pueblo City Park. "There's a fresh sap well," he says to fellow birder Elaine Salmento, pointing out a smattering of holes drilled in a tree trunk.

She nods and the two remain quiet for several minutes, except for the whistles and calls Yaeger makes to attract birds.

Throughout the day, a dozen bird watchers scour the park along the Arkansas River and a stream inside the park zoo, both areas alive with mourning doves and mallards, warblers and woodpeckers. Salmento stays busy jotting down bird names and numbers.

"Birding makes everything interesting," says Salmento, 35, of Parker, Colo. (pop. 23,558). "You can bird the interstate going 70 miles an hour." She adds, "I love being outside and seeing something out of the ordinary."

At dusk, the bird watchers meet at Yaeger's downtown art studio where they swap "hunting" stories and warm themselves over bowls of chili and brownies. Sitting in a circle, they report identifying 124 different species and congratulate each other on unusual sightings.



**Mark Yaeger (below) spots a bird in the treetops. Wood ducks, a dark-eyed junco and downy woodpecker were among 124 species identified during last year's count in Pueblo, Colo.**

Yaeger, who had hoped to see the yellow-bellied sapsucker again, didn't spot the bird, despite scouting the pines many times throughout the day. However, he glimpsed another unexpected and off-course visitor in a juniper bush.

"A Nashville warbler," he enthusiastically tells the group.

### *King of the counts*

While thousands of people participate in one, or maybe two bird counts each winter, Paul Sykes attends a dozen or more over the holiday season, traveling to Florida, North Carolina, South Carolina and Virginia.

"It's a fun thing and a tradi-



tion," says Sykes, 69, of Watkinsville, Ga. (pop. 2,097), who has taken part in the Christmas Bird Count the last 54 years.

Sykes attended his first count at age 15 at the Back Bay National Wildlife Refuge in Virginia Beach, Va., and his parents encouraged his hobby. "My mom would fix me a big breakfast before the count, and before I could drive, my dad would take me and pick me up," he recalls.

Helping monitor the bird population is important to Sykes, a wildlife biologist for the Patuxent Wildlife Research Center in Athens, Ga. "When I started, I'd see huge flocks of American goldfinches of 100 or 200 at a time," he says. "Now, maybe I'll see one or two at a time, or a dozen at most."

Likewise, Sykes has witnessed a decline in the number of waterfowl. Mild winters and habitat destruction are possible causes, he says.

Sykes' own lawn is a sanctuary for birds. He buys 700 pounds of seed and 40 blocks of suet each year to stock his feeders.

"Birding is a fantastic hobby and good therapy," Sykes says. Even people who are homebound or in nursing homes can enjoy watching feeders—and identifying birds for the Christmas Bird Count.

### *Friendly competition*

For avid bird watchers, the Christmas Bird Count is not only a great opportunity to get outdoors, it's also a friendly competition to see who can count the most birds in 24 hours.

For Dimmitt and her fellow bird watchers, the count begins before dawn on New Year's Day, prowling for owls by moonlight. Team members pack snacks so they can eat in the field and scan the trees and skies until dusk, hoping to spot another species.

Counting on Jan. 1 is ideal, says Dave Babington,

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A colorful male wood duck takes flight.

56, of Washington, Conn. (pop. 3,596). "Birders can get their yearly lists off to a good start," he says.

For bird watchers, though, the joy of the Christmas Bird Count is seeing hundreds of beautiful birds, from brilliant red cardinals eating at backyard feeders to graceful bald eagles soaring along free-flowing rivers.

"Birds are wonderful to watch. They're miraculous in that they survive weather that we couldn't survive," Dimmitt says. "It's a fact that wherever you go, there are birds to enjoy and refresh your sense of balance in the world." ✨



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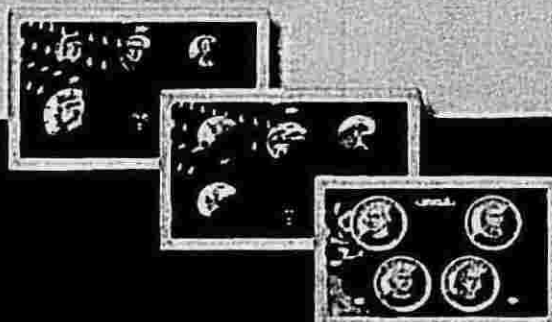
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## American Artisan

# Heralding Family History

by WARREN D. JORGENSEN

Adams enjoys an art form that dates back to the 12th century.



John Adams, 41, sits at a workbench inside his studio in Arnold, Md. (pop. 23,422), bent over a 34-inch-by-45-inch medieval-style shield. Paintbrush in hand, he carefully adds detail to a white lion set on a red background, surrounded by a double row of blue and white rectangles that form the shield's border.

Adams is immersed in an art that dates back to the 12th century. As a full-time herald, possibly the only one in the nation, Adams creates works of art on shields and framed displays for Americans who want a visual connection to their family's heritage.

"Heraldry is where art and history meet," Adams says. "I'm painting a coat of arms that was carried by a knight 900 years ago for a 21st-century descendant of that family line. I find something very comforting in that."

It was in the 12th century, the age of chivalry, that formalized coats of arms came into widespread usage, beginning in France and quickly spreading to all European monarchies. A coat of arms



John Adams paints a coat of arms on a metal shield at his Arnold, Md., studio.

was patriarchic personal property, handed down from generation to generation within a family. Heralds were the creators and keepers of those designs. They kept the records of lineage and created coding and a lexicon to describe their art, which continued throughout the Middle Ages.

In the heraldic profession, each image—known as a charge—has meaning: A heart symbolizes good-heartedness, a castle represents strength and a lion signifies ferocity. The name of Adams' company, Rampant Lions Designs, is taken from a lion rampant—a lion standing on its hind legs with its tail elevated—and is the most common symbol in heraldry.

Adams, a longtime medieval history buff, became acquainted with heraldry in 1995. While working as a freelance graphic artist, he met an armorer at the Maryland Renaissance Faire who asked him to paint a coat of arms on a shield. He agreed and acquired a book that contained black-and-white coded designs created by heralds centuries earlier. Interpreting the code, he created his first shield and his new career began. "It was something that no one else in this country was doing," he says of his vocation.

Today, Adams has collected dozens of volumes listing family names and their coats of arms—many from countries and principalities that no longer exist. "I have a half-million names from more than 50 countries," he says.

Tom Mac Intyre, 54, of Arlington, Va., has been researching his Scottish lineage for the last 25 years. He met Adams at a Celtic festival and commissioned him to paint his Clan Mac Intyre badge, or insignia, on a 15-inch shield, which is proudly displayed in his home and at clan gatherings.

"His artistry is better than some I've seen done by the British professionals," Mac Intyre says. "He is one of the few people who has studied the field and makes a serious effort to make sure what he is doing is correct."

Depending on the intricacies of the design, a painted shield can take weeks or even months to complete. At any given time, Adams has 20 to 30 shields in various stages of completion. The metal shields come in three sizes—measuring from 18-by-22-inches to 34-by-44 inches—and range in price from \$250 to more than \$1,500, depending on an insignia's complexity.

Adams' wife, Karen, is the other half of Rampant Lions Designs. Using a computer, she scans in her husband's hand-drawn graphics and creates a digital print of each customer's coat of arms. Printed on parchment stock, the prints are framed and, depending on size, sell for \$44 to \$189.

For Adams, heraldry is more than just a job, it's a way to bring customers closer to their heritage.

"Most Americans whose family line dates back to Europe would like to dream that their ancestors were something other than horse thieves," Adams says, laughing. "We try as hard as we can to make those dreams real." ★

Warren D. Jorgensen is a writer in Tarrytown, N.Y.

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**ILLINOIS**—Each August, thousands of bargain hunters outfitted with flashlights, headlamps and lanterns shop at the All Night Flea Market at the DuPage County Fairgrounds in Wheaton (pop. 55,416).

**INDIANA**—One of the rarest plants in the world, Short's goldenrod, was discovered in 2001 at Harrison-Crawford State Forest near Corydon (pop. 2,715). The yellow flowering plant is named for Charles Short, who discovered it in 1840 along the Ohio River near Louisville, Ky. The plant is on the federal list of endangered species.

**IOWA**—Prugh Funeral Service in Burlington (pop. 26,839) traces its roots to 1852, when Isaac Prugh began manufacturing coffins, furniture and cabinetry. Today, a fifth-generation owner, Robert Burton Prugh Jr., operates the funeral home business.

**KANSAS**—Ron Tyler of Topeka bought a USO key chain while serving in the Army in Vietnam. Since then, he's added more than 42,000 key chains and claims to have the largest collection in the world. The key chains are organized by topic and hang on hooks in his basement.



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**MICHIGAN**—Legs Inn restaurant in Cross Village (pop. 294), built in the 1920s by Polish immigrant Stanley Smolak, is so named because the roof is edged with a row of upended stove legs. Woodcarvings and driftwood sculptures abound inside the landmark restaurant.

**MINNESOTA**—Fairmont (pop. 10,889) first was named Fair Mount for the rolling hills surrounding the adjacent lakes. The town was platted in 1857.

**MISSOURI**—The state's official mineral is galena, adopted in 1967. Galena is the major source of lead ore and Missouri is the nation's top producer of lead. Galena is dark gray in color and breaks into small cubes.

**NEBRASKA**—The state's smallest incorporated village is Monowi with a population of one. Elsie Eiler fills the roles of mayor and city clerk, posting legal notices in her tavern. She's also the most generous person in town, having founded a public library with her late husband's books.

**NORTH DAKOTA**—A successful campaign by sixth-graders at Rickard Elementary in Williston

(pop. 12,512) bore fruit, and the chokecherry was named the official state fruit in March. Chokecherries are used in jellies, wine and syrup, and were harvested by members of the 1804-1806 Lewis and Clark Expedition.

**OHIO**—Jom Barger, born in 1953 in Yellow Springs (pop. 3,761), is credited with coining the term *weblog* in 1997 to describe the process of "logging the web." Barger created his own webpage, Robot Wisdom, which included links to interesting sites that he found on the Internet, plus his own comments.

**SOUTH DAKOTA**—Woonsocket (pop. 720) is known as "The Town with the Beautiful Lake" because Lake Prior occupies the center of town.

**WISCONSIN**—The University of Wisconsin at Madison owns the only double keyboard piano made by Steinway & Sons. Built in the 1920s, the instrument's lower keyboard contains 88 keys like a typical piano, while the upper keyboard has 76 keys that are tuned one octave higher than corresponding keys on the lower keyboard. A single hand positioned diagonally can play chords that extend over two octaves. ☆

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AmericanProfile

Kathleen Kechnie  
Weatherford, Texas

Photo: High Cotton Food  
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#### Coconut-Crumble Sweet Potatoes

- 2 eggs
- 3 cups cooked, mashed sweet potatoes, or 1 (40-ounce) can sweet potatoes, rinsed, drained and mashed
- ½ cup granulated sugar
- ¼ cup sweetened condensed milk
- ⅓ cup butter or margarine, melted, divided
- 1 teaspoon vanilla extract
- 1 cup flaked coconut
- 1 cup packed dark brown sugar
- ⅓ cup all-purpose flour

1. Preheat oven to 375F. Grease an 8-inch-square baking dish.
2. Place eggs in a large bowl; beat well. Add sweet potatoes, granulated sugar, condensed milk, ⅓ cup butter and vanilla; mix well. Spoon into baking dish.
3. Combine coconut, brown sugar, flour and remaining butter in a medium bowl. Stir until well blended. Sprinkle over sweet potato mixture.
4. Bake, uncovered, 35 to 45 minutes, until top is golden brown and a knife inserted in the center comes out clean. Let stand 15 minutes before serving. Serves 8 to 10.

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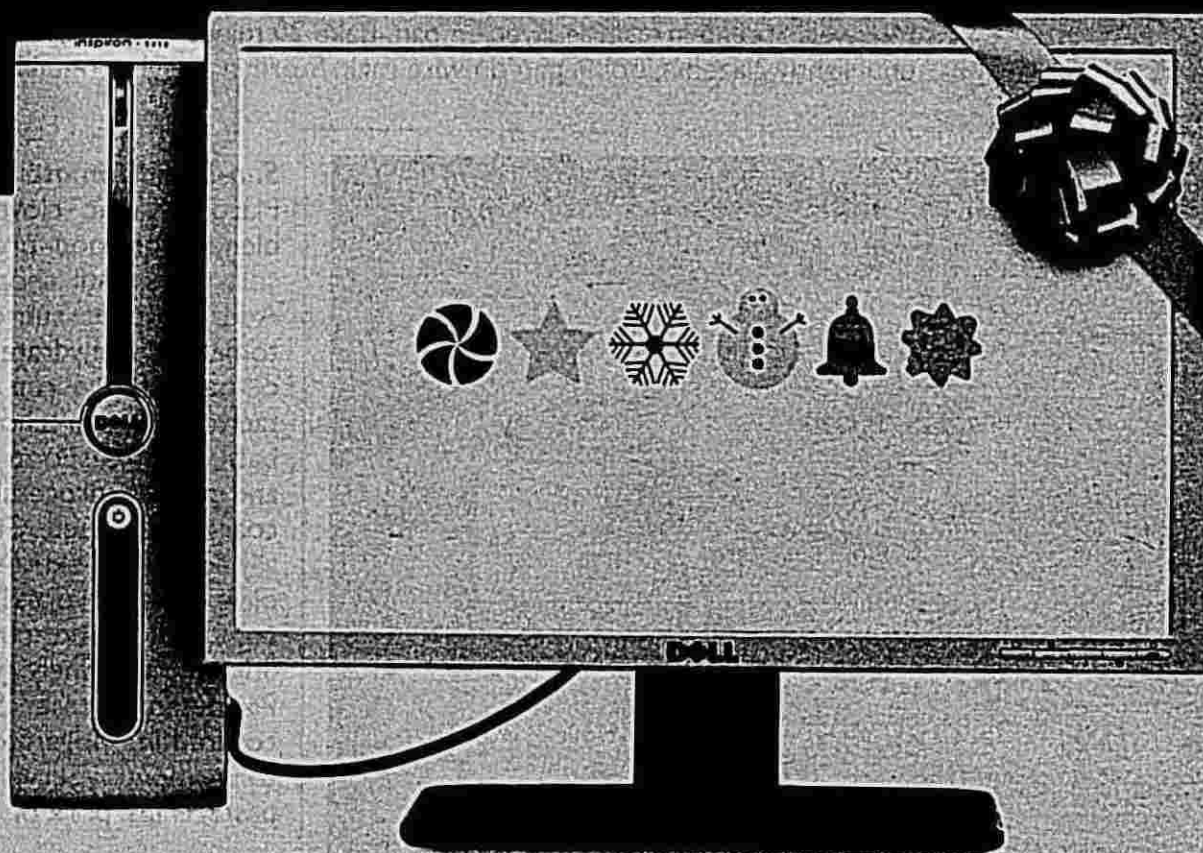
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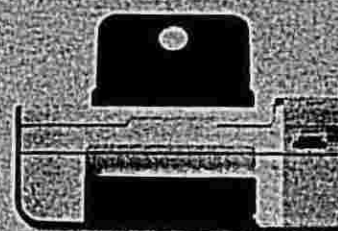


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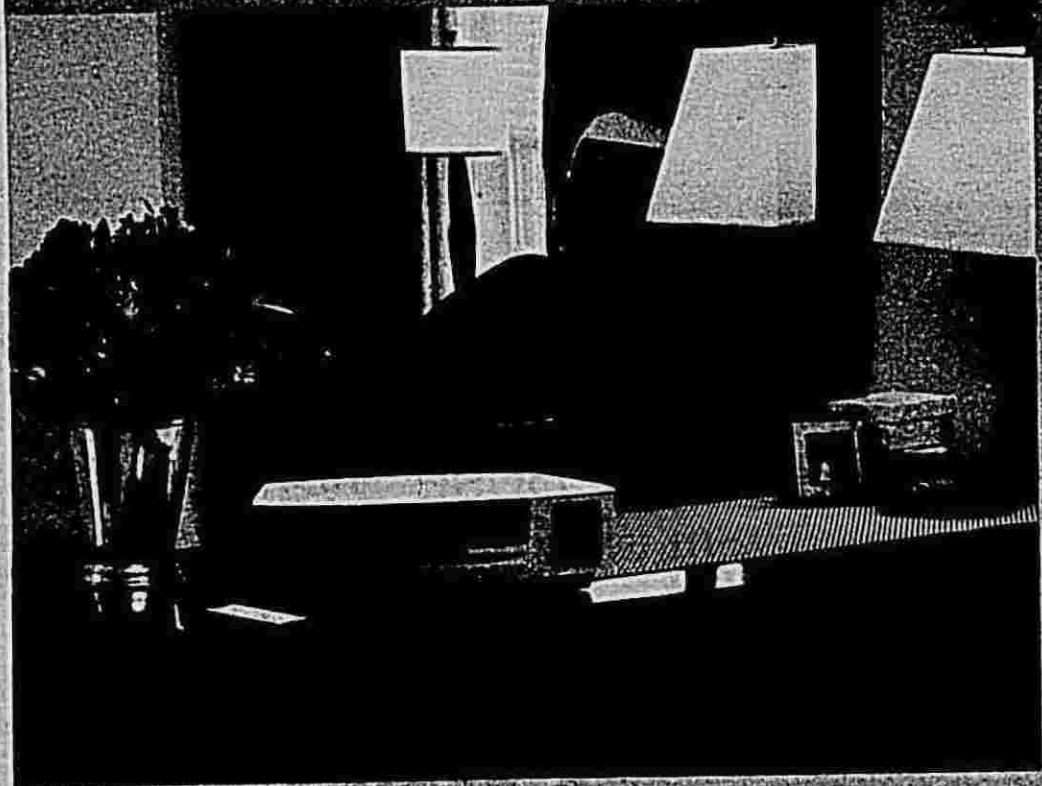
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Slip one CD into the Wave® music system and up to three more into the Multi-CD Changer. They work as one to play your music for hours, uninterrupted. Call today to hear the Wave® music system and Multi-CD Changer in your home risk free for 30 days.

SAVE \$50 when you  
order the Wave® music  
system with our  
Multi-CD Changer by  
December 31, 2007.

*The Wave® music system shown  
with optional Multi-CD Changer  
in Graphite Gray.*

**BOSE®**  
*Better sound through research®*

To order or learn more: **1-800-901-0891, ext. TL382**

**[www.Bose.com/WMS](http://www.Bose.com/WMS)**



JCPenney

jcp.com

SAVE 20-60%  
EVERY DAY

FAMOUS  
JCPENNEY QUALITY

OVERSTOCK ITEMS

DISCONTINUED  
MERCHANDISE

**BIG HOLIDAY  
SAVINGS**

**FRI. - MON.,  
NOV. 30-DEC. 3!**

**STORES OPEN  
7AM FRIDAY  
& SATURDAY**

**WHILE SUPPLIES LAST!**

**SEE BACK COVER  
FOR STORE LOCATIONS.**

# Catalog Outlet Store

**400-THREAD COUNT SHEET SETS!**

**Sale 14.77** Twin/Full  
Available in off-white only.

**Sale 24.77** Queen/King

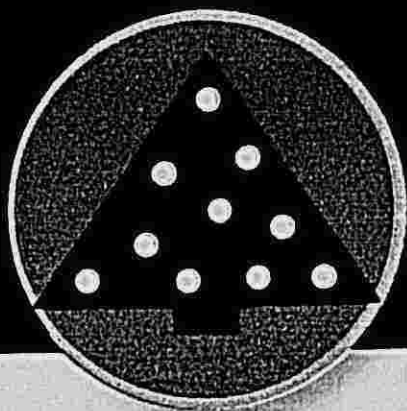
Outlet 28.99-49.99

Select group of 400 TC sheet sets

**LIMIT 1 SET PER CUSTOMER!**

**WHILE SUPPLIES LAST!**

Colors vary by store.



**Sale  
47.77**

**Outlet 69.99**

**Philips® DVD/VCR combo**

•Plays DVD, CD, DVD+R/RW, DVD-R/RW, SVCD, VHS tapes, MP3, WMA, JPEG

•Progressive-scan DVD for razor-sharp, flicker-free images •Hi-Fi stereo VHS plays back true stereo



**LIMIT 1 PER CUSTOMER! WHILE SUPPLIES LAST!**

**PHILIPS**



# Sale 19.99

Compare at 69.99 Outlet 29.99.  
Misses' feather-knit kimono



# Sale 12.99

Compare at 39.99  
Outlet 16.99.  
Misses' velvet  
shawl-collar robe

# Outlet 4.99

Compare  
at 18.99  
Coordinating  
velvet slippers



# Sale 12.99

Compare at 39.99-44.99 Outlet 16.99.  
Misses' & women's 2-pc. velvet loungewear set





# Sale 3.99

Orig. \$24-\$26 Outlet 6.99.  
Save 80% off original prices on regular  
& tall men's St. John's Bay® fleece pants

# Sale 6.99

Compare at \$30 Outlet 9.99.  
Save 75% off original price on men's  
St. John's Bay® flannel plaid robes

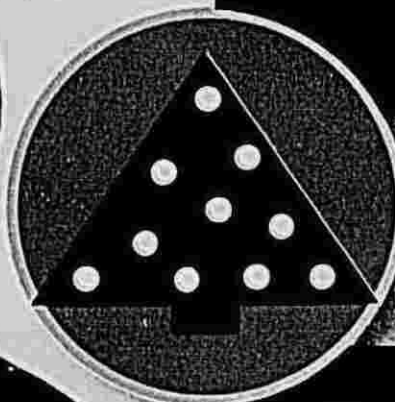
*ST. JOHN'S BAY*



Travel kit

Desk valet

Manicure kit



## Sale 6.99 each

Compare at \$25 Outlet 9.99.  
Select group of men's boxed gifts



## Sale 9.99

Orig. \$58 Outlet 19.99.  
Save 80% off original price on  
men's St. John's Bay® slippers  
Colors vary by store.

*ST. JOHN'S BAY*





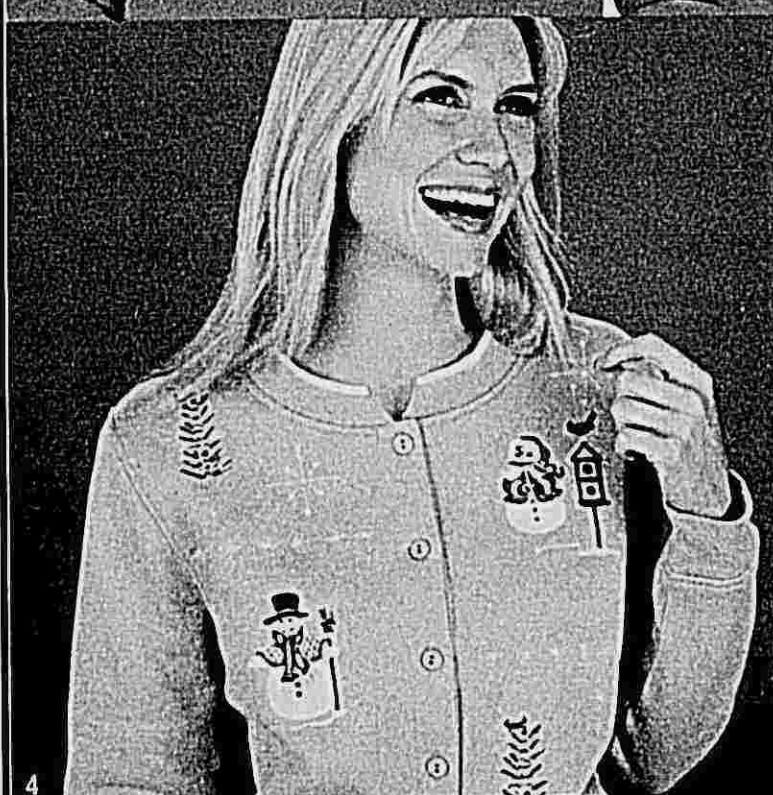
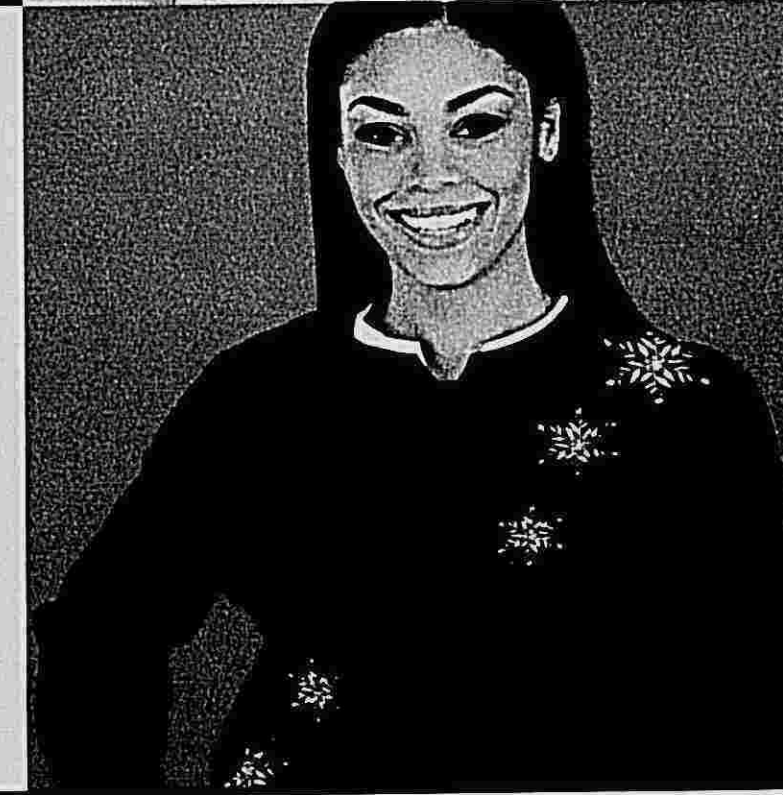
# Sale 9.99

**Compare at \$32-\$34 Outlet 12.99.**

Select group of misses' holiday fleece tops

Women's sizes available at similar savings.

Styles vary by store.



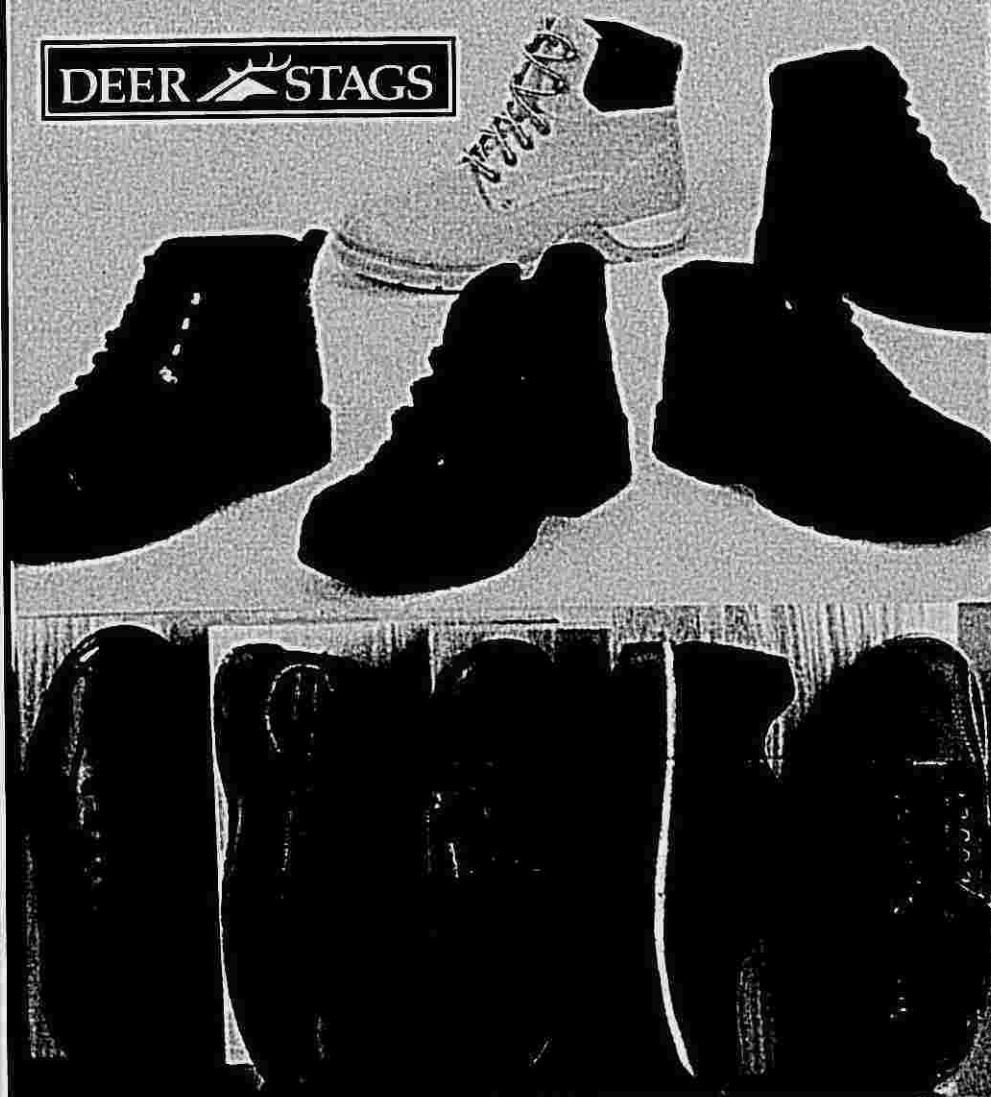


# Sale 19.99

Compare at 59.99 Outlet 29.99-34.99.  
Select group of men's Deer Stags® boots & casual shoes  
Styles vary by store.

LIMIT 4 PAIRS PER CUSTOMER! WHILE SUPPLIES LAST!

DEER STAGS



## BUY 1 GET 1 50% OFF

ENTIRE STOCK OF WOMEN'S  
DRESS & CASUAL SHOES

Buy 1 pair at Outlet price,  
get the second pair at 50% off.

Second pair must be of equal or lesser value. Excludes athletic shoes.

# AVIA® ATHLETIC SHOES FOR THE ENTIRE FAMILY

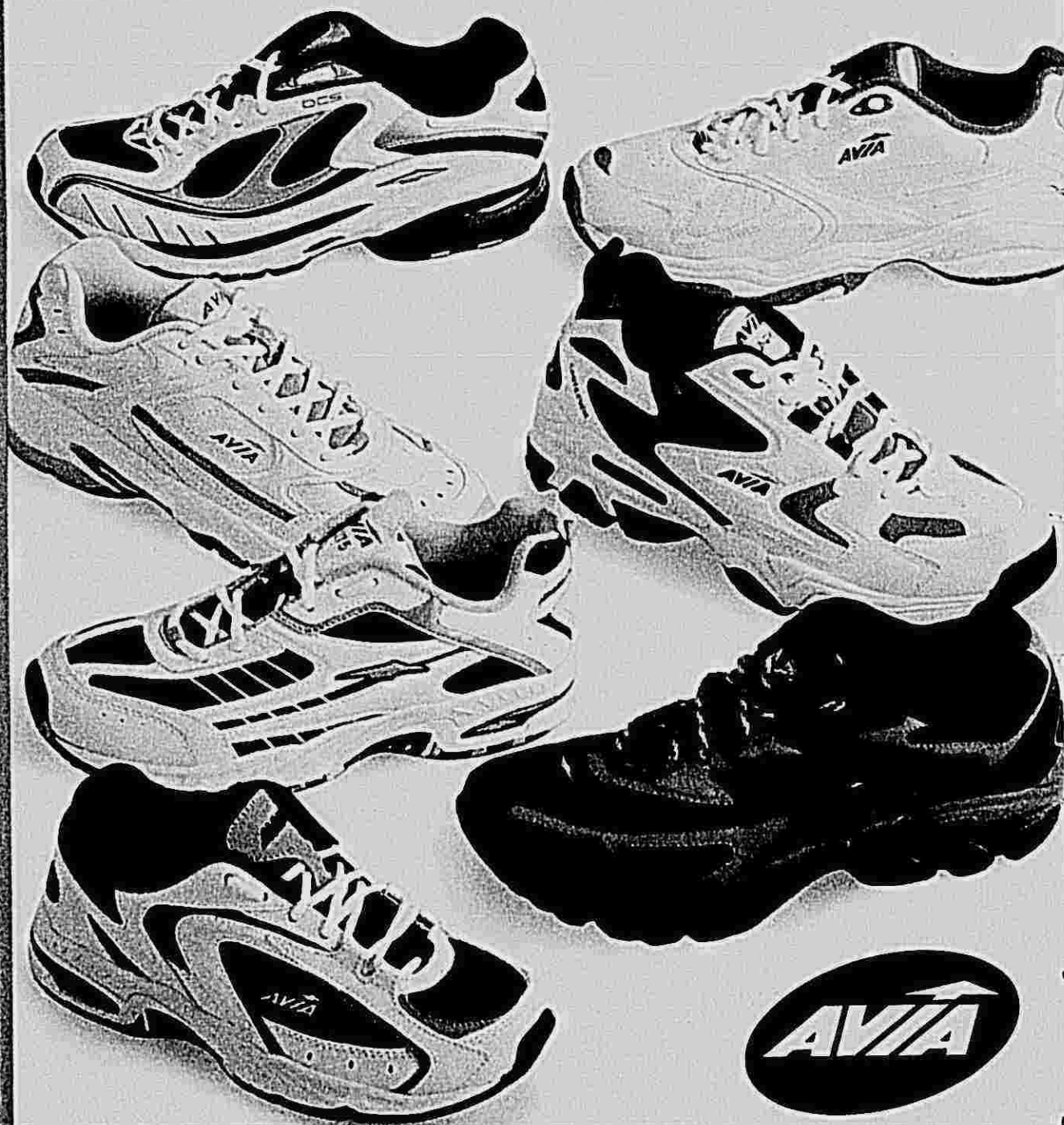
STYLES VARY BY STORE. LIMIT 2 PAIRS OF WOMEN'S, 2 PAIRS OF MEN'S  
& 2 PAIRS OF KIDS' SHOES PER CUSTOMER! WHILE SUPPLIES LAST!

## Sale 14.99

Men's & Women's  
Compare at \$40 Outlet 24.99.

## Sale 14.99

Kids'  
Compare at \$30 Outlet 19.99.





**Sale**  
**29.99**

Compare at 79.99

Outlet 39.99.

WearEver® Admiration™  
stainless steel  
7-pc. cookware set

Set includes  
1-qt. saucepan,  
2-qt. saucepan,  
5-qt. Dutch oven,  
all with covers  
& 10" skillet.



**WearEver**

Rectangular dish

Oval dish



2-qt. casserole

**Sale**  
**6.99**  
each

Outlet 9.99  
Assorted bakeware

**Sale 14.99**

Outlet 19.99

Toastmaster® 10-cup  
coffeemaker

- Easy-read water level indicator
- Aroma control dial
- Auto pause & pour
- Removable cone filter basket

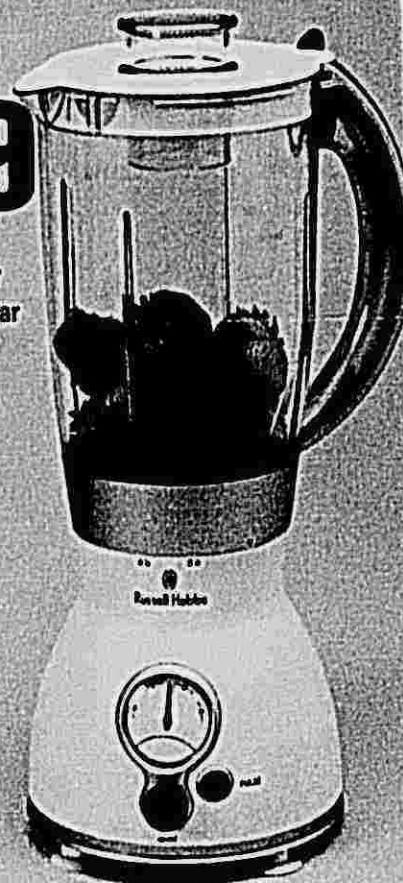


**Sale**  
**19.99**

Outlet 29.99

Russell Hobbs blender

- 50-oz. plastic blending jar
- Easy-pour spout
- 3 speeds plus pulse
- Removable lid insert with measuring cup

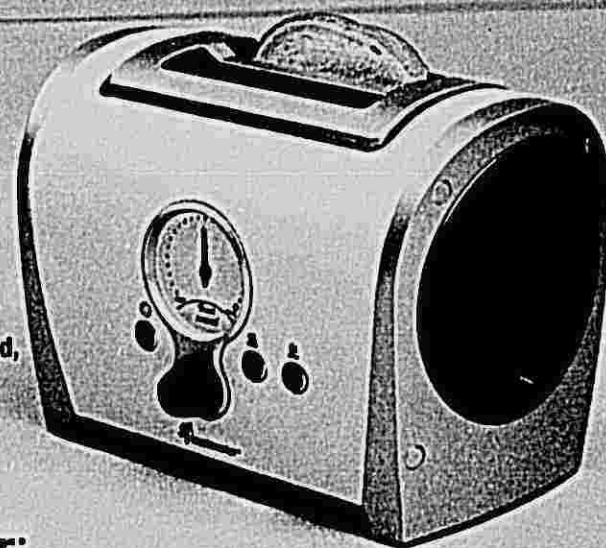


**Sale 14.99**

Outlet 19.99

Toastmaster®  
2-slice toaster

- Toast control dial for consistent toast color
- Extra-wide slots for oversized breads & bagels
- Slide-out crumb tray for fast, easy cleanup
- Buttons for frozen bread, reheat & cancel



ENTIRE  
STOCK  
OF TOYS

MAKE WISHES COME TRUE!

**25% OFF**

CURRENT  
LOW OUTLET  
PRICES

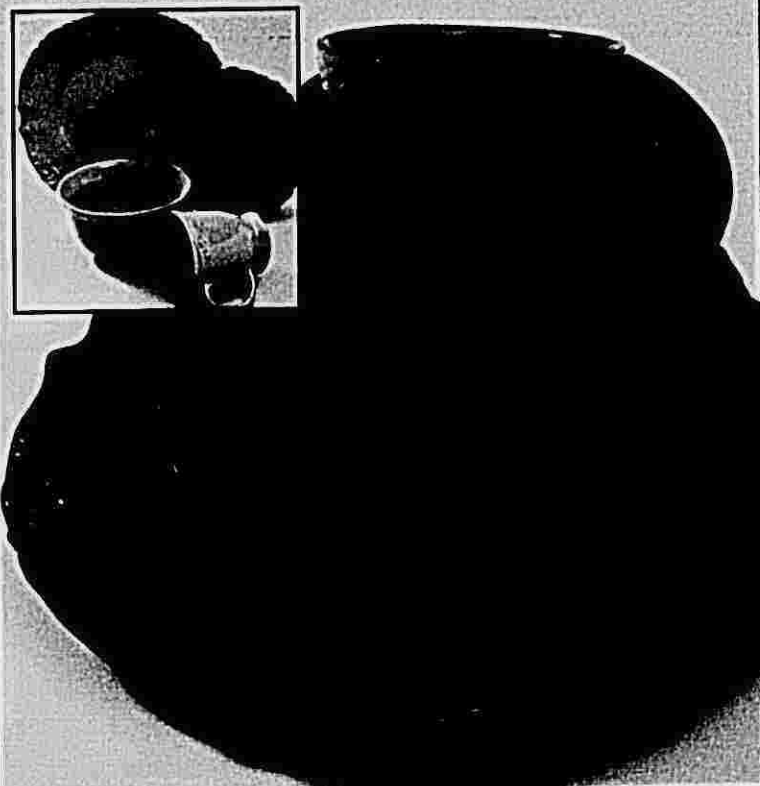


**Now 19.99**

**Orig. 59.99**

Save 65% off original price on  
Vanessa 16-pc. dinnerware set

Set includes 4 each: dinner plate, salad plate, bowl & mug.



**Sale 19.99**

**Compare at \$75 Outlet 29.99.**

Hampton Silversmiths 50-pc. flatware set

Set includes 8 each: salad fork, dinner fork, dinner knife,  
dinner spoon & teaspoon, plus 2 each: sugar spoon, pierced  
tablespoon, cold-meat fork, solid serving spoon & butter knife.



**Sale 6.99**

**Outlet 8.99**

12-pc. beverage set

Set includes 4 each:

17-oz. cooler,

13-oz. double

old-fashioned

& 7-oz. juice.

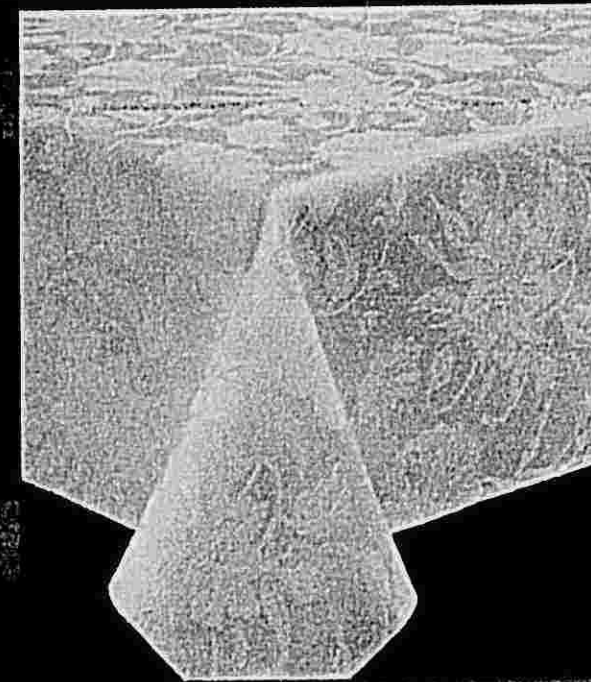
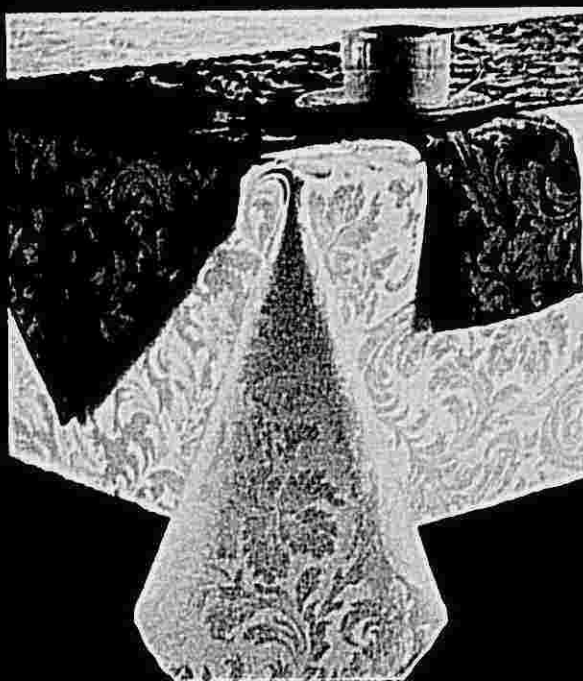


**Now  
2.99-9.99**

**Orig. 9.99-29.99**

Select group of table linens

Styles, sizes & colors vary by store.



**TOYLAND IS A WORLD OF FUN!**



**ENTIRE  
STOCK  
OF TOYS**

**25% OFF**

**CURRENT  
LOW OUTLET  
PRICES**



# Sale 2.99

Venezia bath towel

# Sale 1.99

Venezia hand towel

# Sale 99¢

Venezia washcloth

Outlet 1.99-5.99



LIMIT 1 PER CUSTOMER! WHILE SUPPLIES LAST!

Simulated picture.

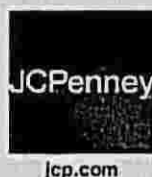


# Sale 149.99

Compare at \$299 Outlet 199.99.

InVion® 4" touch/button GPS navigator

- Digital GPS navigation • 4" digital LCD screen • 360° suction mounting
- Built-in speakers & headphone jack • Fully-loaded US/Canadian maps
- SD flash media card slot • Player MP3 file via SD card • Voice commands



## Catalog Outlet Store

**Advertised merchandise available only at these locations**

Decatur, AL • Decatur Mall, 1801 Beltline Road SW  
 Tempe, AZ • Arizona Mills Mall, 5000 Arizona Mills Circle  
 Ontario, CA • Ontario Mills Mall, 4410 Mills Circle  
 Sunrise, FL • Sawgrass Mills Mall, 12801 West Sunrise Blvd.  
 Forest Park, GA • 5500 South Expressway, I-75 at Exit 237  
 Gurnee, IL • Gurnee Mills Mall, 6100 Grand Avenue  
 Machesney Park, IL • Machesney Park Mall  
 Overland Park, KS • 9495 West 75th St., I-35 at 75th St.  
 Springfield, MA • Eastfield Mall, 1700 Boston Road (US 20)  
 Florissant, MO • Jamestown Mall, 246 Jamestown Mall

Sparks, NV • 190 East Glendale Avenue  
 Akron, OH • Rolling Acres Mall, 2442 Romig Road  
 Columbus, OH • 2361 Park Crescent Drive, I-70 at Brice  
 Philadelphia, PA • Franklin Mills Mall, I-95 at Exit 35  
 Reading, PA • Fairgrounds Square Mall, 3050 N. 5th St. Hwy.  
 Grapevine, TX • Grapevine Mills Mall, 3000 Grapevine Pkwy.  
 Plainview, TX • Stonegate Center, I-27 to Exit 49  
 Martinsville, VA • Liberty Fair Mall, Bus. 220, Commonwealth  
 Prince William, VA • Potomac Mills Mall, I-95 at Exit 158  
 Milwaukee, WI • 10332 West Silver Spring Drive



Shop [jcp.com/outlet](http://jcp.com/outlet) and  
 save 30-70% on similar items

Sale prices effective Friday-Monday, November 30-December 3, 2007. Excludes prior sales. Merchandise available while supplies last. Styles and selection will vary. Items as priced available only at the Outlet Store. Referenced prices include original prices and regular prices which reflect offering prices for merchandise offered through the JCPenney Distribution Network and may not have resulted in actual sales. "Original" prices may not have been in effect during the past 90 days or in all trade areas. Intermediate markdowns may have been taken off original prices. Sorry, no rain checks. We reserve the right to limit quantities on advertised items. Early opening hours not applicable where prohibited by law. 4329 Catalog Outlet Holiday Gifts 030957